



# GESU Elementary Lunch Menu- October

## Soup This Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>October 1</b> <b>Pulled Pork Sandwich</b> OR <b>Hot Dogs WG Bun</b> Broccoli Warm Apples Milk or Water <b>Nachos w/Cheese</b> Italian Wedding soup	<b>October 2</b> <b>Beef OR Chicken Soft Taco</b> OR <b>Hot Dogs WG Bun</b> Corn & Grapes Milk or Water <b>Pretzel</b> Italian Wedding soup	<b>October 3</b> <b>Hot Dogs WG Bun</b> Carrots <i>Baked</i> Waffle Fries Milk or water OR <b>Pizza</b> Italian Wedding soup	<b>October 4</b> <b>Waffles WG</b> <b>W/Sausage Links OR</b> <b>Hot Dogs WG Bun</b> Green Beans Orange slices Milk or Water Italian Wedding soup	<b>October 5</b> <b>Chicken Nuggets</b> <i>Baked</i> Tater Tots Fruit Salad Milk or water OR <b>Pizza</b> Italian Wedding soup
<b>October 8</b> <b>Mac &amp; Cheese OR</b> <b>Hamburger WG Bun</b> Broccoli Grapes Milk or Water <b>Nachos w/Cheese</b> Chicken Noodle Soup	<b>October 9</b> <b>Beef or Chicken Soft Taco</b> OR <b>Hamburger WG Bun</b> Spanish Rice Pineapple Milk or Water <b>Pretzels</b> Chicken Noodle Soup	<b>October 10</b> <b>Hamburger WG Bun</b> Brussel Sprouts <i>Baked</i> Smile Fries Milk or water OR <b>Pizza</b> Chicken Noodle Soup	<b>October 11</b> <b>Chicken Tenders</b> <b>Hamburger WG Bun</b> <i>Baked</i> Tater Tots Apple Slices Milk or Water <b>Fresh Smoothie</b> Chicken Noodle Soup	<b>October 12</b> 
<b>October 15</b> 	<b>October 16</b> <b>Beef or Chicken Soft Taco</b> <b>OR Corn Dog</b> Corn & Peaches Crisp Milk or Water <b>Pretzels</b> Corn Chowder	<b>October 17</b> <b>Corn Dogs</b> Mixed Veggies & <i>Baked</i> Fries Milk or water OR <b>Pizza</b> Corn Chowder	<b>October 18</b> <b>Chocolate Chip Pancakes w/Sausage Links OR Corn Dogs</b> Mandarin Oranges & Green Beans Milk or Water Corn Chowder	<b>October 19</b> <b>Popcorn Chicken</b> Fruit Slushy <i>Baked</i> Waffle Fries Milk or water OR <b>Pizza</b> Corn Chowder
<b>October 22</b> <b>Cheese Pierogis OR</b> <b>Meatball Sub WG Bun</b> Carrots Orange Slices Milk or Water <b>Nachos w/Cheese</b> Chicken Dumpling Soup	<b>October 23</b> <b>Beef or Chicken Soft Taco</b> <b>OR Meatball Sub WG Bun</b> Roasted Potatoes & Corn Milk or Water <b>Pretzels</b> Chicken Dumpling Soup	<b>October 24</b> <b>Meatball Sub WG Bun</b> Mixed Veggies <i>Baked</i> Smile Fries Milk or water OR <b>Pizza</b> Chicken Dumpling Soup	<b>October 25</b> <b>Pasta Marinara w/ &amp; Garlic Stick OR</b> <b>Meatball Sub</b> Broccoli & Grapes Milk or Water <b>Fresh Smoothie</b> Chicken Dumpling Soup	<b>October 26</b> <b>Chicken Fries</b> <i>Baked</i> Tater Tots Fruit Salad Milk or Water OR <b>Pizza</b> Chicken Dumpling Soup
<b>October 29</b> <b>Grilled Cheese</b> <b>OR Crispy Chicken Sandwich /WG Bun</b> Mandarin Oranges Carrots Milk or Water <b>Nachos w/Cheese</b> Tomato Basil Soup	<b>October 30</b> <b>Beef or Chicken Soft Taco</b> OR <b>Crispy Chicken Sandwich /WG Bun</b> Corn & Rice Fresh Pineapple Milk or Water <b>Pretzels</b> Tomato Basil Soup	<b>October 31</b> <b>Crispy Chicken Sandwich /WG Bun</b> Blueberry Crisp & <i>Baked</i> Fries Milk or water OR <b>Pizza</b> Tomato Basil Soup	<b>November 1</b> <b>Donut Holes &amp; Sausage Links OR Crispy Chicken Sandwich WG Bun</b> Grapes & Green Beans Milk or Water <b>Fresh Smoothie</b> Tomato Basil Soup	<b>November 2</b> <b>Crispy Chicken Sandwich WG Bun</b> Fruit Slushy & Broccoli Milk or water OR <b>Pizza</b> Tomato Basil Soup

The "WG" on the menu indicates the product is "Whole Grain". Whole grains foods have many nutritional benefits including their fiber which helps to keep us full longer after eating them!



Menus are subject to change.



Combo Lunch Price....\$3.50  
 Entrée Only.....\$2.50  
 Side Only.....\$1.00

**Pizza Days are Wed. & Fri.**  
**\$2.50 Sold Only by the Slice.**

**A La Carte Selections**

- Grilled Chicken Salad \$5.00
  - Baked Muffin \$1.00(M, W & F)
  - Yogurt Parfait w/granola \$2.50
  - Side Salad \$2.50
  - Entrée Only \$2.50
  - Soup and Roll \$2.50
  - Fresh Turkey OR Ham Wraps \$3.25
  - Assorted Snacks \$1.00 - \$2.00
  - Seasonal Hand Fruit \$1.00
  - Assorted Milk \$.50
  - Cheese Stick \$.50
  - Assorted Ice Cream \$1.00 - \$2.50
  - Assorted Beverages \$1.50
  - Soft Pretzel \$1.25 - Tuesday
  - Nachos \$2.00 - Monday
  - Smoothies \$1.50 - Thursday
- \* **Please Note that ALL Combo Meals are served w/two sides & your choice of Milk or Water.**

